CICLOPULS®

# CP 11L

Herzfrequenzmesser mit 11 Funktionen
Heart rate monitor with 11 functions

## BEDIENUNGSANLEITUNG
## OWNERS' MANUAL

D GB USA F I
E NL PL

CE

CICLOSPORT®
SPORTS INFORMATION SYSTEMS

## PACKAGE CONTENTS

- **CP 11 L heart rate monitor**
- **Universal handlebar bracket**
- **Transmitter belt**
- **Elastic strap (adjustable)**
- **Battery for transmitter (3V / CR2032)**
- **Battery for heart rate monitor (3V / CR2032)**

**Many congratulations!**

With the **CICLO*PULS CP* 11 L** you have acquired a powerful heartbeat rate measuring unit, which will provide you with valuable information when training. The **CICLO*PULS CP* 11 L** possesses state-of-the-art electronics and has a durable and long service life. We wish you a lot of success training with the **CICLO*PULS CP* 11 L**.

**Please read this operating manual carefully.**

## TABLE OF CONTENTS


| | Page |
|---|---|
| INTRODUCTION | 17 |
| USE A PRECISE TRAINING METHOD | 17 |
| PERSONAL EXERCISE ZONE | 17 |
| EXERCISE ZONE (BPM) | 17 |
| FEATURES | 18 |
| BATTERY INSTALLATION | 18 |
| WEARING THE TRANSMITTER BELT | 19 |
| HOW TO USE THE COMPUTER WATCH | 19 |
| PROBLEMS, POSSIBLE CAUSES AND SOLUTIONS | 20 |
| KEYS OPERATION | 20 |
| GETTING START | 20 |
| ENTER THE DATE | 21 |
| CLOCK SETTING | 21 |
| PULSE MODE DISPLAY | 22 |
| CURRENT HEART RATE | 22 |
| % OF MHR (MAXIMUM HEART RATE) | 22 |
| HEART RATE ALARM SETTING | 22 |
| TOTAL EXERCISE TIMER(TIMER) | 23 |
| AVERAGE HEART RATE (AV HR) | 23 |
| STOPWATCH MODE | 23 |
| DAILY ALARM TIME SETTING | 24 |
| BACKLIGHT | 24 |
| GUARANTEE CONDITIONS | 24 |
| REPAIR | 24 |
| GUARANTEE CERTIFICATE | 25 |

## INTRODUCTION

**WARNING:** Always consult your physician before starting a fitness programme. A pulse computer is not a medical device. It is a training tool designed to measure and display your heart rate.

## USE A PRECISE TRAINING METHOD

All the experts agree: the heart is the most important muscle in the body and, like all muscles, should be exercised regularly to remain strong and efficient. But how can you determine whether you are exercising your heart both safely and effectively? Fortunately, the heart itself provides you with key information that will help you to examine the effectiveness and the degree of safety of your training method. Your heart rate, which is expressed in a single number (Beats Per Minute), gives a constant account of your body's state of health.

Your heart rate will tell you how fast you are using energy or whether you are exercising too hard or too lax. Obviously, your body does not benefit from a training method, if your heart rate is too low. If it is too high, you run the risk of injury and you will suffer from fatigue. It does not matter whether your goal is to win athletics meetings, lose weight or simply to improve your overall health.

What is important is that you can refine your training method by keeping your heart rate within a certain target zone. In order to accomplish this, you would obviously need to know your precise heart rate at any given moment throughout your training session. Modern technology has now enabled us to present you with wireless electronic pulse computers. Monitoring your heart rate with one of these computers is easy and fun to do.

## KNOW YOUR LIMITS AND DETERMINE YOUR PERSONAL EXERCISE ZONE

Exercise zones are established by setting Upper and Lower Heart Rate Limits. These limits constitute a certain percentage of your Maximum Heart Rate (MHR). You may already know your MHR if you are an avid athlete or if you have already taken a Max. Heart Rate test.
If not, the following formula will help you to make an educated guess:

MHR = 220 – (Your age)
e.g. Age: = 20
MHR: = 220 – 20 = 200
For instance, the current heart rate is 150, then 75% will be shown.

## EXERCISE ZONE (BPM)

| | Age | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Burning Glycogen | Zone 3 | 190 | 185 | 180 | 175 | 171 | 166 | 161 | 156 | 152 | 147 |
| | Performance | – | – | – | – | – | – | – | – | – | – |
| | 80-95 % MHR | 160 | 156 | 152 | 148 | 144 | 140 | 136 | 132 | 128 | 124 |
| Burning Fat | Zone 2 | 160 | 156 | 152 | 148 | 144 | 140 | 136 | 132 | 128 | 124 |
| | Fitness | – | – | – | – | – | – | – | – | – | – |
| | 65-80 % MHR | 130 | 126 | 123 | 120 | 117 | 113 | 110 | 107 | 104 | 100 |
| | Zone 1 | 130 | 126 | 123 | 120 | 117 | 113 | 110 | 107 | 104 | 100 |
| | Health | – | – | – | – | – | – | – | – | – | – |
| | 50-65 % MHR | 100 | 97 | 95 | 92 | 90 | 87 | 85 | 82 | 80 | 77 |

**Zone 1 Health (50% – 65% of the MHR)**
This exercise zone is meant for long training sessions of low intensity. Exercising in this zone will improve both your mental and physical healthy.

**Zone 2 Fitness (65% – 80% of the MHR)**
This exercise zone is used by athletes who wish to increase their strength and improve their endurance while burning a greater number of calories.

**Zone 3 Performance (80% – 95% of the MHR)**
This training zone is ideal for short and very intensive training sessions. Competitive athletes use this zone in order to build greater speed and explosive power. Exercising in this zone will create an „oxygen debt" and increase the degree of lactic acid in the muscular tissue.

## FEATURES

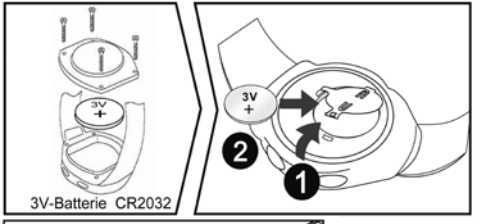
**Heart rate functions**
- Current heart rate
- Average heart rate
- Maximum heart rate
- Manual training zone (incl. training zone alarm)
- Auto pulse timer

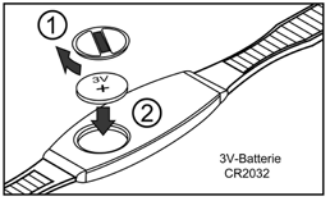
**Additional functions**
- Stop watch
- Time (12/24h)
- Date
- Alarm clock
- Night light display

## BATTERY INSTALLATION

**Computer Watch**
Remove the back cover of the watch with a screwdriver, install the 3.0V battery with the positive (+) pole facing up and replace the cover. Remove the battery and reinsert it if the LCD displays irregular figures. This will clear and restart the watch's microprocessor.

**Transmitter Belt**
Remove the battery cover from the bottom of the belt using a small coin. Install the 3V battery with the positive (+) pole facing the battery cover and replace the cover.



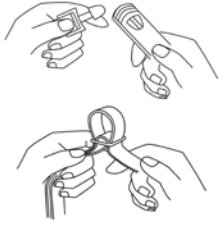



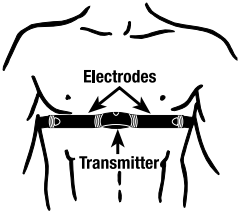
**Do not dispose the batteries with the household waste**

## WEARING THE TRANSMITTER BELT

Adjust the elastic belt so that it fits tightly around your chest just below the pectoral muscles. Moisten the transmitter's conductive pads with saliva or ECG gel (available at your local chemist's) in order to ensure a good contact with the skin at all times.

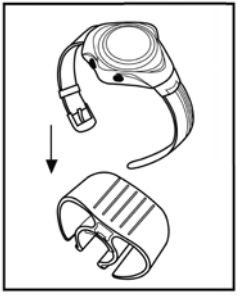
Positioning the Transmitter Belt upward as per diagram.

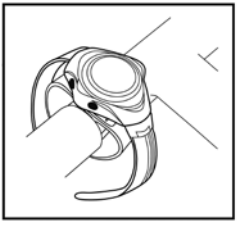





## HOW TO USE THE COMPUTER WATCH

The computer can be worn like a watch on your wrist or it can be fixed on the handlebar of your bike with the optional mounting system. Keep the computer and the transmitter within a max. operating distance of 60 cm.

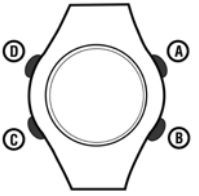




## PROBLEMS, POSSIBLE CAUSES AND SOLUTIONS

| Problem | Possible causes and solutions |
|---|---|
| No heart rate is displayed | Transmitter belt is not positioned as it should.<br>The conductive pads are dirty or were not moistened prior to use.<br>Atmospheric of RE interference.<br>Check or replace the battery of the transmitter. |
| Incorrect heart rate is displayed | The conductive pads are dirty or were not moistened prior to use.<br>The elastic belt is too loose.<br>Weak batteries.<br>Atmospheric or RF interference. |
| Display fades | Weak computer battery.<br>Replace it immediately |
| Irregular figures on the display | Remove the computer battery and reinsert it. |

## KEYS OPERATION




**Key “A” (MODE)**
Press to scroll through different key operating modes.
In SETTING mode, press to leave and finalize the setting.

**Key “B” (SELECT)**
In CLOCK mode, press to show month and year.
In PULSE mode, press to select different features (TIME/TIMER/ AVHR).
In SETTING mode, press to adjust the value.

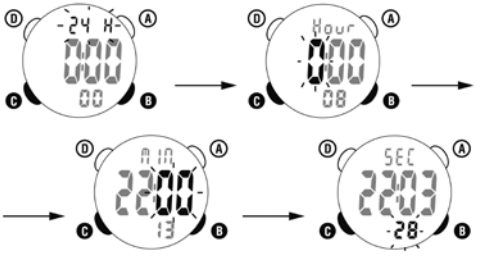
**Key “C” (SET)**
In CLOCK mode, press to activate daily alarm.

**Key “D” (LIGHT)**
Press to turn on the backlight

## GETTING START

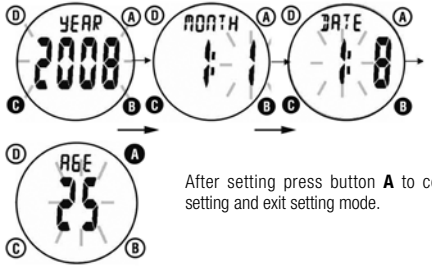
Hold button **B** and button **C** together to enter main setting menu. Press button **B** to adjust the value of each variable and press button **C** to confirm.

Press **A** to finish the setting.




**Enter the DATE**

The pre-set date is displayed. Press the button **B** to adjust the digits and acknowledge with the button **C**.




After setting press button **A** to confirm setting and exit setting mode.

**CLOCK SETTING**

In clock mode, hold button **C** to enter the clock setting mode.

- Press button **B** to select 12 hour or 24 hour format
- Press button **C** to confirm setting.

For the calendar clock setting, press button **C** to adjust the digits and then press button **B** to confirm setting.

**Hour setting** **Minute setting** **Second setting**

**Year setting** **Month setting** **Date setting**

After setting press button **A** to confirm setting and exit setting mode.

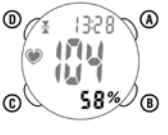
## PULSE MODE DISPLAY

## CURRENT HEART RATE

Press button A to return to the PULSE mode display. The current heart rate is displayed on Middle line of the LCD. The heart-symbol on the left hand side will start to flash if a signal is received from the transmission belt. The symbol will freeze and the last heart rate record will be displayed if no signal is received.

For power saving, the watch will automatically return to clock mode if no signal is received for about 2 minutes.

## % OF MHR (Maximum Heart Rate)




This is the data showing the percentage of Current Heart Rate comparing to Maximum Heart Rate (MHR by age). It is useful to monitor your heart performance safely and effectively during exercise

## HEART RATE ALARM SETTING

In "PULSE" mode, press button **B** to enter into submode "TIME"

- Hold button **C** until "AGE" appear to enter into PULSE mode setting.
- Press button **B** to increment age by 1
- Press button **C** to confirm and go into ZONE setting for High zone
- The upper limit for the heart rate "ZONE HI" flashes on the display. Press button to go to the desired value. Press button **C** to confirm
- The lower limit for the heart rate "ZONE LO" flashes on the display. Press button to go to the desired value. Press button **C** to confirm
- The alarm symbol of the heart rate alarm flashes on the display. Press button **B** to choose one

▲ alarm will be activated only when your heart rate exceeds the upper limit.

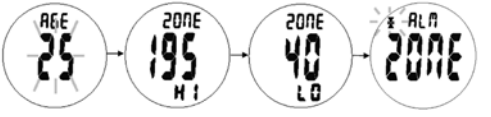
▼ alarm will be activated only when your heart rate drops below the lower limit.

▼▲ alarm will be activated both when your heart rate exceeds the upper or drops below the lower limit.

- After setting press button **A** to confirm setting and exit setting mode

**Alarm Sound On/Off**

- Press Button **C** to select alarm sound on or off.



## TOTAL EXERCISE TIMER(TIMER) - 9 hour 59 min 59 sec

- In pulse mode, press button **B** to enter the timer mode(TIMER).
- The timer is activated automatically whenever pulse signal is received.
- To reset average heart rate and timer, press button **B** to enter timer mode (TIMER) and then hold button **C** until data is clear.

## AVERAGE HEART RATE (AV HR)

- In pulse mode, press button **B** to enter the average heart mode.

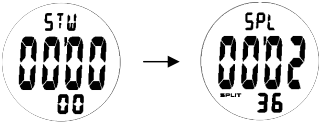
The heart rate monitor automatically calculates your maximum heart rate(MHR) on the basis of your age as well as your personal upper and lower limits of the 3 present training zones (Zone 1: 50-65 % of the MHR, Zone 2: 65-80 % of the MHR, Zone 3: 80-95 % of the MHR)

The heart rate monitor now returns automatically to the time mode.

## STOPWATCH MODE

Press the button **A** to enter stopwatch mode (STW).
Press the button **C** to start or stop the stopwatch.
Press the button **B** to reset when the stopwatch is stopped.

- Press **C** to start.
- While the stopwatch running, press **B** button “SPLIT” appears on the display, the split is for 5 seconds on the display, the timing runs in the background further. This process can be continued as many times.
- Press **C** to stop the timing.
- Press **B** to clear the data (CLR appears on the top)



## DAILY ALARM TIME SETTING

**Alarm Time Setting**

- Press button **A** to enter ALARM mode.
- Hold button **C** to enter alarm time setting mode and the hour digits will then flash
- Press button **B** to adjust the digits and press button **C** to confirm.
- Repeat the same process to set minute digits

To stop alarm sound, press any button or wait one minute for automatically stopp.

**Daily Alarm on / off**

- In CLOCK mode, press button C to ON/ OFF ALARM.
- In alarm mode, press button C to turn the alarm on or off.

## BACKLIGHT

- Press button **D** to turn on the light.

## GUARANTEE CONDITIONS

We offer a guarantee for 24 months from the date of purchase on the CICLO*PULS* CP 11 L. The guarantee is limited to material and processing faults. The batteries are excluded from the guarantee.
The guarantee is valid only if the computer, with accessories, has been handled and maintained carefully and according to operating instructions. To return the CICLO*PULS* CP 11 L under conditions/terms of the guarantee, please refer to your dealer, your local distributor or send the computer with the proof of purchase(date) and all accessories, and with sufficient postage, to:

**CICLOSPORT SERVICE**
**K.W. Hochschorner GmbH**
**Konrad-Zuse-Bogen 8**
**D-82152 Krailling**
**Fax: +49 89 / 859 63 01**
**www.ciclosport.de**
**ciclo-service@ciclosport.de**

Please read through the operating manual again carefully before sending in the device and check the battery.
In case of valid guarantee claims, the repaired device or a replacement device will be returned free of charge.

## REPAIR

If the device is sent for repair, or the warranty claim is not accepted, repairs up to the value of 19 Euros will be carried out automatically. If the cost of the repairs exceeds this amount, the owner of the device will be notified in advance. The repaired device will be returned against payment.

## GUARANTEE CERTIFICATE

**Sender:**

Name

First Name

Street, No.

Code / Location

Telephone (during the day)

E-Mail

**Reason for sending in:**

**After expiry of the guarantee period:**

Repairs should be carried out up to the amount of EURO _____

**Disposal of Old Electrical & Electronic Equipment (Applicable in the European Union and other European countries with separate collection systems).**

This symbol on the product or on its packaging indicates that this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. The recycling of materials will help to conserve natural resources. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

CICLOSPORT®
www.ciclosport.de

K.W. Hochschorner GmbH
Konrad-Zuse-Bogen 8
D-82152 Krailling

E-mail: ciclo-service@ciclosport.de
Tel.: 0900 / 123 5000
Euro 0,99 / min. aus dem deutschen Festnetz
Euro 1,99 / min. aus dem deutschen Mobilfunknetz
Mobilfunkpreise können variieren